



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Rolling with Resistance

There are times when a child/teen becomes resistant to treatment or interventions. This is often interpreted as defiance. Rolling with Resistance is a technique used to empower the child/teen's voice, give them a sense of control, and resolves situations without re-traumatizing the child/teen.



Motivational Interviewing tips for Rolling with Resistance

- **Listen reflectively** - Respond to what the youth is saying by paraphrasing, summarizing or reflecting it back to them in a way which shows that you have heard what they are saying, even if you don't agree with it.
- **Develop discrepancy** - Reflect back to them what they're saying by asking in a non-confrontational way how their views fit in with wider goals that they have previously expressed. If there is an obvious discrepancy they can then see the dilemma and decide on their own solutions for addressing it.
- **Ask the person what an alternative viewpoint might be** - Once you have reflected back to the youth what they're saying and what their viewpoint is you can ask them what they think someone might say who disagreed with them and what they think of that.
- **Finally Remember....** Be patient! Change takes time. Sometimes it takes a day or two for the awareness and readiness for change after they have calmed down. You may be surprised by their reaction if you wait a little...